

Bridging Faith – Christian Therapy Group (Outline)

1. Primary Therapy Goals:

- a. **Learning** about the roots of our mental health concerns from childhood, different types of beliefs, attachment theory and other psychological concepts that connect to the Biblical creation story, the connection between Christianity and mental health, and how to bridge the gap between these different beliefs through a personal and intimate relationship with the Lord
- b. **Applying** what is learned through group therapy and content-integrating questions under a weekly curriculum that is easy to follow yet intellectually stimulating
- c. **Experiencing** change through group vulnerability, applying the learned concepts, and through the guidance of a Christian psychotherapist that will encourage prayer, fellowship, and the strengthening of one's personal and intimate relationship with the Lord

2. Primary Psychological Frameworks:

- a. Attachment Theory and Cognitive Behavioral Theory under a Christian Lens
- b. Focusing on a personal and intimate relationship with God
- c. Four chapters covering the following themes:
 - a. Faith, Cognitive Behavioral Theory, and Beliefs
 - b. Attachment Theory and The God of Christianity
 - c. Personal and Intimate Relationship with God
 - d. Some Barriers to Mental Health, Faith, and One's Personal Relationship with God

3. General Structure:

- a. A relaxed, two-hour therapy group that consists of content-integration questions and some challenging questions based on the week's readings
- b. Beginning and ending in prayer (with the option for prayer requests); members may also volunteer to lead or close the group in prayer, but there's no pressure!
- c. A brief check-in of how everyone's doing, starting from week two (this is *completely* voluntary but encouraged; the more open and vulnerable one is, the more comfortable he or she will feel in group)

4. In-session Structure:

- a. **Opening prayer:** either from the facilitator or volunteering member
- b. **Check-ins:** Maximum of 2-3 minutes per person
- c. **Clarifying concepts:** An opportunity for members to ask any clarifying questions about the reading
- d. **Answering *any* of the content-integration or challenging questions you'd like:** this is the heart of the group. You'll have...
 - a. An opportunity to answer any of the questions asked
 - b. The freedom to cross-talk (i.e., respond to someone else's answers)
 - c. The freedom to expand on *any* of the questions or answers provided by members or the group facilitator
- e. **Checking out:** briefly sharing how the group went for you
 - a. Optionally, you may share any prayer requests you have for the group
- f. **Closing prayer:** either from the facilitator or volunteering member

5. **Platform:** Virtual
 - a. **Timeliness is important:** please try to arrive within 5 minutes of the start time
 - b. If you know you'll be running late, please notify the facilitator via. email

6. **Absences**
 - a. Due to life circumstances, absences do happen. If you'll be absent, please...
 - i. Notify the facilitator at your earliest convenience
 - ii. Be sure to read the previous week's section. The information is cumulative, so missing the previous week may result in gaps to your understanding

7. **Duration:** 15 weeks (or approximately 4 months)

8. **Cost: \$75** per two-hour session of group therapy
 - a. Billed at the first session of each month
 - b. **Total paid (each month) will amount to the number of sessions running in that month**, which may vary depending on the group's collective needs (e.g., if one month has *three* sessions running, then the cost will be \$225 and billed on the first session of that month)
 - c. **There will be no reimbursement or credit provided for missed sessions/absences that have been scheduled**; do your best *not* to miss a session
 - i. If a date is rescheduled due to facilitator absence or the group collectively agreeing to take a break, then what you've paid would carry over
 - d. Each month typically has 4 two-hour sessions, though this may vary depending on the group's needs

9. **Confidentiality/Consent:**
 - a. Form is to be completed and returned via. email or in-person
 - b. Typed signatures are accepted

10. **Next steps...**
 - Familiarize yourself with the program outline (feel free to ask any questions about the program by reaching out to the facilitator via. email below)
 - Complete the confidentiality/consent form**
 - An email of the recurring Zoom link will be sent out afterwards; have your Zoom link ready for the session start date
 - A copy of the curriculum will be sent out *only after* payment is made. This means that the curriculum will be sent out the *day of* the group starting.** Don't fret: there aren't any required readings before the first week!
 - i. If you'd like to receive the curriculum earlier, let your facilitator know so that they can adjust billing to occur earlier.

As with any therapy, optimal progress depends on the participant's level of engagement and effort between sessions!

Should you have any additional questions, please reach out to the group facilitator (Joshua Tan) at jtan.whitestone@gmail.com!